



Considerations  
for operating  
**unsupervised  
exercise  
facilities**  
in New Zealand



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# 1. Background

Since 2010, the growth of 24 hour fitness operations in New Zealand has been significant. By the end of 2013 there will be almost 100 fitness operations offering 24 hour access memberships to the public in New Zealand and during many of the hours they are open, these facilities are unsupervised.

In addition, there are at least as many hotel based fitness operations with little or no supervision of exercise rooms for most, if not all, of their opening hours.

Finally, many existing exercise facilities are considering extending their opening hours and/or offering access to exercise spaces to members or clients during unsupervised hours.

Offering extended hours at exercise facilities to the New Zealand public can assist with making exercise more accessible, however, it can also create its own challenges and unique issues that organisations need to consider and address.

In response to the challenges of offering 24 hour facilities, this guide has been developed to highlight the key issues relevant not only to the operation of 24 hour facilities but also to facilities that have more regular opening hours but that have exercise spaces, weight rooms, gyms or pools that are not supervised 100% of the time.

Overseen by an expert panel, consisting of Grant Helleur, Jaci Griffin and Claire Attard this guide was developed by Exercise New Zealand and reviewed by The Ministry of Health, Skills Active, Sport NZ, The New Zealand Recreation Association, Water Safety NZ, The Register of Exercise Professionals and ACC.

## 2. Objective & Scope

### **Objective**

The objective of this guide is to outline the key considerations when operating unsupervised exercise facilities in New Zealand. This includes, but is not limited to, those operating 24 hours a day, 7 days a week.

### **Intended audience**

It is intended that this guide be read by those operating, or considering operating, an exercise facility in New Zealand, that allows the general public access to an exercise space or equipment that is unsupervised at any time during opening hours. (To avoid ambiguity the term 'exercise space' relates to any spaces where physical exertion occurs and the term 'public' includes members.)

It is expected that readers of this guide will have a good understanding of the general operating procedures of exercise facilities, and are aware that unsupervised operations have special considerations that need to be addressed.

### **Scope**

As outlined above, this guide serves to list the key issues when operating an unsupervised exercise facility in New Zealand. These considerations are limited to issues that relate either specifically to, or are significantly compounded by, the unsupervised nature of the operations.

Issues that are more generic in nature, for example those concerning the general operations of all exercise facilities, or general Health & Safety matters, are outside the scope of this guide.

### **Disclaimer**

This guide is not, nor does it claim to be, the definitive work on unsupervised exercise operations, nor is it a replacement for a review of Health and Safety for an exercise facility. It is highly recommended that a comprehensive review of Health and Safety be undertaken with the input of specialist expert advice before allowing the public access to any unsupervised exercise facility.